



MANIFESTO:

40 Freeing
Reasons to be

Imperfect

Inherent in living our sparkle is living life a little messier than we may like.

Let's face it, some of the world's best inventions came out of 'mistakes and mishaps'. The Universe loves to create those so we see more possibilities than the single track we may otherwise be on.

Unfortunately, for many of us, doing life messy doesn't fit the standard we were brought up in.

We were taught, "If you are going to do something, do it well, or don't do it at all."

Sound familiar?

That quest for perfection has led to many wonderful traits. It has inspired you to perform at a high level and achieve wonderful successes. It's allowed you to develop skills that you can earn a great living from. And it's helped you define a sense of who you are and what you contribute to the world. Beautiful!

But that same quest for perfectionism, taken too far, can become your curse:

- It can prevent you from trying new things (even though you secretly want to).

- It can squash your happiness (because it's never happy no matter how well you did).
- It can push you beyond what's necessary (and disappoint you when nobody notices your extra effort).
- It can compromise your health (you want to be great at everything, but that wears thin).

Yet now, more than ever, the world needs your sparkle and that sparkle shows up when we relax our own rules. Imperfection gives you freedom to be the sparkle just as you are.

When we truly embrace the benefits to our health and happiness in being 'just as you are' life gets juicy! We define our own style, write our own creed, model our own goddess figure and voice our own truth. We create and explore. We do it messy. And fun. And we make no apologies for living it out loud. In fact, **living our sparkle liberates others around us to do the same.**

Read the Manifesto on the next page every day. Hang it on your wall. Let it lead you toward taking imperfect action and letting others see the real "I M PERFECT" you! She's gorgeous, talented... and a whole bunch of fun!

MANIFESTO: 40 Freeing Reasons to Be *Imperfect*

You will be consumed by happiness and not your internal scorecard.

Your face will look years younger, your stress lines will disappear.

Your voice will find new courage, your mind will see beyond black and white.

You'll become a creative genius, you'll colour wherever you want.

You'll try things you may suck at and laugh your butt off exploring.

You will care less what others think and discover more what you believe.

Your body will have more energy and your libido will rock the house.

You will define your own style and let your goddess figure flow.

Your eyes will dawn a new sparkle, your heart will grow new strings.

Your past will no longer haunt you and your future will be more fun.

Your head chatter will leave the building as your intuition shares who's boss.

You will be more successful, you will break your every rule.

You will make decisions faster, you will be less afraid to try.

Your days will flow with synchronicities and freedom will wash at your feet.

You'll allow yourself more play time and get far more done with less.

You'll stop the need to people please, 80/20 will become your new beat.

You'll still be brilliant at what you do. In fact, you'll kick it up a notch.

You won't notice imperfections in others cuz you're not keeping track in yourself.

You will like yourself so much more. Heck, what's not to freakin' love?

You probably will live longer and you won't be living a lie.



ABOUT PAULA



I am a life coach, wellness mentor, consultant, writer and speaker. I'm also a wife, mom, singer, dancer and lover of all things simple and sparkling.

I am passionately committed to helping women transform their bodies and lives by guiding them to align intention, energy and inspired actions. I draw on years of coaching experience, fitness training, corporate life, communications expertise and my own wellness journey to guide fabulous women to 'own their sparkle'.

I am spiritual yet practical. I believe we create our lives in partnership with the Universe. We do our part; the Universe does its magic. Once we understand how it works... wowzers, look out! We can apply it to any situation, goal or dream.

My life mission is simple: live my unique sparkle and help others do the same. The world needs your sparkle. And your sparkle is enough.

The moment I stopped caring as much about what others thought, I found my "Paula Style". Life began to sparkle. People asked what I was doing differently. Self-love is a true mirror of beauty... and a pathway to happiness.

YOUR NEXT STEP

If you resonated with my words, then welcome. You belong. Consider signing up for my free guided meditation to inner peace on my website. It's another step to claiming your best life.

How I Can Help

If you want to dive deeper, I love working with women one-on-one as they shift from struggle to sparkle. Many come to me when other programs haven't worked.

I am the queen of reframing any situation and moving you forward. I don't judge and I don't believe stories that keep you stuck or small. I hold you in your Highest Light. I help you grow your wellness foundation so that your body is supporting you. I reconnect you with your passions and help you integrate them more into your life. I teach you techniques to release past hurts so you can be free of them. And I help you become the active creator in your life – so life isn't just happening to you, you are authoring it in partnership with the Universe.

Our journey is juicy, profound and so worth it. It's one of the greatest investments you'll ever make.

To learn more, visit www.paulaonysko.com/coaching

Thanks for sharing this time with me. You matter.

To Your Sparkling Life,

Paula



RAVING Review!

“There are no words that do justice to what Paula’s coaching program has done for me. I wish I had found this a lot earlier. I get tears in my eyes and goose bumps because I know great things are in my future. Do this for you! You are so worth it! Everything in your world changes... relationships improve, your health improves, your outlook...your life. You will truly uncover the diamond in the rough you have always been.”

~ Karen